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DEGRASSI NO SUMMER BREAK FOR THESE KIDS SCENE {page 10}



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Monday, July 19, 2010
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► Belle Damen and her horse, Pokey.

Stampede. Cowgirl

Police kill councillor's husband

► The Alberta Serious Incident Response Team has taken over the investigation and will speak today ► Officials say the officer who fired the shot has been placed on administrative duties, as is standard procedure for the force



KRISTA
SYLVESTER
@METRONEWS.CA

Condolences for the family of an Okotoks town councillor are coming in, after her husband was shot and killed by RCMP after an alleged armed standoff Saturday night into yesterday morning.

Officers were called to a house on Alcock Street in Okotoks around 7:30 p.m. Saturday after reports a man had punched a teenage boy, RCMP Sgt. Patrick Webb said.

"When officers arrived, they were confronted by the adult male who was holding a shotgun, which he refused to point down and directly threatened the members," Webb said.

Naydene Lewis



- Coun. Naydene Lewis and her family moved to Okotoks from Calgary five years ago.
- She has four kids, three sons from prior relationship and five-year-old daughter with Corey Lewis.
- Coun. Beth Kish said, "It's a sad situation ... We're all very saddened by the news and are worried for Naydene and her family."
- Okotoks deputy mayor Ralph Wilson: "We talk regularly at council meetings and share home thoughts at times and this came out of the blue."

After several hours and attempts to communicate with the man, he suddenly darted from the home at 2 a.m. carrying what police believed to be a shotgun.

He was shot by an ERT member and later died in a Calgary hospital.

Neighbours identified the slain man as Corey Lewis, the husband of town councillor Naydene Lewis, later confirmed by the town's deputy mayor, Ralph Wilson.

C.J. Hannis-Burrows saw Lewis' teenaged son outside after the incident.

"I didn't really know what was going on, but I knew it was serious. It's sad ... they seemed like a quiet, normal family," she said.

WITH FILES FROM CANADIAN PRESS

Stampede rides off into the sunset

Belle Damen, 2, riding on Pokey, had the best time ever at this year's Stampede and can't wait to come back and do it all again next year. Yeehaw!

New British Open champ

South African dominates field
to capture Claret Jug {page 18}

LiLo looks to Robert Shapiro

Troubled star hires former
O.J. Simpson attorney {page 13}

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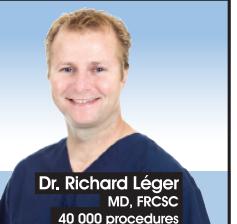
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New housing rules on the way?

University of Calgary students may have a little more money in their pockets soon if a city alderman has his way today.

Ward 6 Ald. Joe Connally is putting forward a motion at council today to ease rules on secondary suites to allow them within 400 metres of C-Train platforms, which will encourage more affordable housing for students.

"It just makes sense to

me and the University of Calgary Students' Union has been very helpful and brought me forward a proposal and I'm sort of the catalyst," Connally said.

"I think this is the right direction for council to go, especially during an affordable housing crisis."

Secondary suites are currently not allowed and it worries students, who often have to turn to un-

safe and illegal secondary suites, according to the U of C Students' Union.

U of C SU president Lauren Webber said the students' union has been working closely with Connally on the proposal and it applauds the move.

"This is so exciting and not only will it make for more affordable housing for students, but for Calgarians as a whole," she said.

KRISTA SYLVESTER

The details



► Ward 6 Ald. Joe Connally

- Student leaders representing more than 60,000 students at four different schools are urging council members to vote in favour of the motion today.
- According to 2009 CMHC statistics, Calgary remains one of the most expensive rental accommodation cities in Canada.
- In Calgary, there is a less than one per cent vacancy rate for units in the \$600/month range.

1

news



News on the move

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A Canadian volunteer in Zambia learns the importance of knowing how to say "I lost my wallet" in the native tongue. More at metronews.ca/blogs

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Midway crash probe could take months

► Ride may be sent to warehouse for further inspection ► Two of the injured remain in hospital

BRETTE EHALT
CALGARY@METRONEWS.CA

The cause of Friday evening's Stampede ride wreck may remain a mystery until fall, says the organization responsible for the investigation.

An investigation into why the Scorpion ride literally fell apart and sent 10 fairgoers to the hospital will take several months, predicts Jessica Spratt of Municipal Affairs.

"The investigation began right after the incident, but it will probably be a while due to the complexity (of the crash)," she said. "The whole ride will be taken apart piece by piece."

Careful inspections will be made by the Alberta Elevating Devices and Amusement Ride Safety

"We will make sure that we get to the bottom of this investigation."

JESSICA SPRATT,
MUNICIPAL AFFAIRS

Association and North American Midway Entertainment, the ride's owner, Spratt said.

Spratt explained that the physical inspection of the ride will take at least one month, and that official reports will not be released until a minimum of one month after the completed inspection.

Both Spratt and Doug Fraser of the Calgary Stampede expressed condolences to those involved in the accident.

"We continue to extend our thoughts and prayers to those who were injured and their families," said Fraser.



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Connelly wants council to split needs, wants

City council needs a clear process of prioritization when it comes to making budgetary decisions, according to one alderman.

Council will debate a notice of motion from Ald. Joe Connelly, which asks for the city to put all budget packages into one of three categories.

"I think it would make it clear for council to delineate between a must-have and a nice-to-have," said Connelly.

Essential, frontline facing services, such as emergency services, would be put first with non-core programs coming next. The third category would allocate funds for improving efficiencies in the city.

"We have 25 priorities

\$60M

The amount of the current City of Calgary budget shortfall. Aldermen will also discuss today a number of plans to reconsider the Calgary Police Service budget, which has been asked to be cut back by nearly \$15 million.

as a city and I think if you have 25 then you really don't have any," he said.

Connelly referenced the current debate over the Calgary police budget as being one example of the need for prioritizing at council.

● KATIE TURNER

MISSING COUPLE

Car found, fugitive sought

Alberta Mounties searching for two missing seniors made progress on two fronts Friday: They found the couple's SUV and announced they were hunting for a 38-year-old violent fugitive named Travis Vader.

Assistant Commissioner Peter Hourihan also admitted they botched the early stages of the investigation into the case of Lyle and Marie, shown at right. One of the officers in



announced the SUV had been found off a bush trail, about 30 kilometres east of Edson. THE CANADIAN PRESS

Skull find prompts search

RCMP are investigating after a tourist and his dog stumbled upon a skull near the Bow River in Kananaskis Country Saturday.

According to RCMP, investigators cordoned off the area to search for other possible human remains linked to the partially decomposed head.

The medical examiner is also looking over the skull for any clues. RCMP couldn't determine if the death was suspicious.

● METRO CALGARY

One killed, four hurt in rollover

An 18-year-old driver was killed and four others injured after a car rolled and hit a power pole west of Calgary yesterday morning.

Cochrane RCMP responded around 11:30 a.m. to Range Road 32 and Township road 250.

RCMP believe that distracted driving is a possible cause, and the driver was not wearing a seatbelt. Alcohol and drugs are not considered factors.

● METRO CALGARY



► Laura Elsner keeps her eyes on them mini donuts as she spends her last day chowing down on some of the best food that only Stampede can provide.

'Greatest Outdoor Show' wraps it up

- 153,096 people attending on Saturday made it busiest day this year
- Attendance was lower than last year, with numbers to be released today



KRISTA SYLVESTER
@METRONEWS.CA

Despite several high-profile incidents at this year's Calgary Stampede, many people are still calling it the Greatest Outdoor Show on Earth.

Michelle O'Neil said while it was her first time at the world-renowned rodeo and fair, she wasn't disappointed despite some hiccups.

"I just moved here last year from Toronto and I heard lots about it and it didn't let me down. I will

definitely come back again next year, I still feel like there is so much to see," she said, adding her

Ups and downs

Highs

- **Acrobats on Ice** The new Acrobatic Ice Show was a major hit with Stampede patrons this year.
- **Family focus** This year really focused on family fun and entertainment.

Lows

- **Rain** The weather for the first of Stampede week was atrocious, cancelling the chuck wagons for the first time in history.
- **Safety** The Scorpion ride broke and injured six teenagers; two remain in hospital.
- **Deaths** Six horses died this year, compared with four last year.

horses dying and the ride that broke, but I don't think that is the Stampede's fault."

Calgarians Kevin Larch said he wished the weather was better but still had a good time overall.

"It was pretty wet and rainy the first few days, but it just meant I came back when the weather was hot. It's always a good time down here," he said.

Calgary Stampede spokesperson Doug Fraser said officials would talk about this year's Stampede at a press conference this morning.

Alderman eyes tunnel cash shuffle

There is light at the end of the airport tunnel, according to a Calgary alderman.

Ward 3 Ald. Jim Stevenson plans to take advantage of a report coming to council today from the city's transportation head,

Mac Logan, and plans to make an amendment that would allow council to take money from two other infrastructure projects and put it towards, what Stevenson calls, a much-needed airport tunnel.

"It makes sense because those projects aren't ready to go yet and the airport tunnel is a high priority. We can take the \$150 million we need and put it back later," Stevenson said.

He admits he may have a tough-go at council today.

"People get nervous about shuffling money from projects, but I'm hopeful."

● KRISTA SYLVESTER

Violence linked to service

► Six per cent of Canadian Forces staff come back with symptoms of PTSD and/or major depression

Military police records describe spousal sexual assault, hitting, shoving and screaming matches on or near Canadian Forces bases — family violence that counsellors link to repeated tours in Afghanistan.

The case summaries offer a rare view of tensions and conflict that regularly erupt in military homes across the country.

They detail 49 incidents from July 1, 2008, to Feb. 1, 2009, in which charges were laid or complaints were deemed as "founded." Several other reports of assault — physical and sexual — were handled through "alternative" measures or "departmental discretion."

The records were released by National Defence eight months after The Canadian Press requested them under Access to Information laws. Names of sus-

Case summaries

- In January 2009, the RCMP phoned military police at CFB Shilo in Manitoba to inform them a soldier had been arrested for aggravated spousal assault with a weapon, sexual assault and three counts of uttering threats.
- In July 2008, a member of the 2nd Battalion, Royal Canadian Regiment, was charged in Oromocto, N.B., for assaulting his common-law spouse at their home.
- That same month, military police at CFB Borden answered a 911 call from a woman whose common-law spouse was later charged with assault.

pects and victims were removed and specific dates were blanked out.

THE CANADIAN PRESS



Race cancelled because turtles too small to see

The 36-year tradition of racing wild turtles found in the nearby Ausable River was halted after the Ministry of Natural Resources responded to complaints about the races and ordered the wild turtles to be returned to the river before the races. The races had to be cancelled after one trial because the replacement turtles, measuring only about five to six centimetres, were too small to move and be visible in the grass.

DAVE CHIDLEY/THE CANADIAN PRESS

Space food program fails to launch

It's the secret federal space-food project that never saw liftoff.

The Canadian Press has learned that after quietly spending more than \$400,000 to develop made-in-Canada meals for astronauts, the federal government has discreetly shelved the program.

The original idea was to have space-friendly food kits ready for visits to the International Space Sta-

tion by Canadian astronauts Julie Payette and Bob Thirsk in 2009.

But there were problems developing food that could last in microgravity.

Only one item out of a possible 11 Canadian foods ever made it through NASA's food-testing labs and into the stomachs of astronauts: Some cream-filled oatmeal cookies known as Canasnacks.

THE CANADIAN PRESS



► Canadian astronaut Bob Thirsk tastes food at the Canadian Space Agency.



News in brief

Possible cap leak: Official

GULF OF MEXICO. A U.S. official says scientists are concerned about a seep and possible methane leak near BP's busted oil well in the Gulf. Both could be signs there are leaks in the well that's been capped off for three days.

THE ASSOCIATED PRESS

Bodies of three boaters recovered

The bodies of two young brothers and one middle-aged man have been recovered off Newfoundland's northeastern coast, while a search continued yesterday for one other man who was in the same small boat.

Neil Peet, a spokesman for the coast guard, says

searchers found the bodies of an eight-year-old boy from Twillingate and a man in his 40s. The body of a 10-year-old boy, the brother of the eight-year-old, was located by search teams early that morning.

The two men are not related to the boys.

THE CANADIAN PRESS

Still life shuts down autobahn

The average speed of the German autobahn dropped to near zero yesterday as tens of thousands of people sat at a 37-mile table for a cultural celebration titled, appropriately enough, "Still Life."

THE ASSOCIATED PRESS



► A couple strolls the autobahn yesterday,

Dozens killed in latest Iraqi attack

A suicide bomber ripped through a line of anti-al-Qaida Sunni fighters waiting to collect their paychecks near an Iraqi military base as nearly 50 people were killed in violence west of Baghdad.

The attack is the deadliest this year against the groups that turned against

the terror network, amid a campaign by insurgents to undermine confidence in the government forces and their allies.

Some 150 Sunni fighters had lined up to collect paychecks when the bomber struck, according to witnesses.

THE ASSOCIATED PRESS

HK to set minimum wage

Hong Kong passed its first-ever minimum-wage law, a rare departure from the wealthy Chinese financial hub's free-market philosophy.

The move was hailed by union workers as a victory for the territory's underpaid working class. No rate has yet been set.

THE ASSOCIATED PRESS

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All eyes fixed on BoC's next move

► Economist says market rapidly approaching normalcy ► Predicts key rate could hit 2.5% next year

Canadian investors will look to the central bank's interest rate decision for guidance this week, while U.S. markets are hoping earnings reports from a slew of major companies will help offset some abysmal economic data.

The Bank of Canada is expected to raise its key lending rate by a quarter percentage point tomorrow to 0.75 per cent, another indication Canada's economic recovery has so far been stronger and faster than in the United States.

An interest rate hike by

50%

Half of the firms surveyed by the Bank of Canada said they planned to add jobs in the next 12 months, according to a quarterly review released last week.

the Canadian central bank in a move to fight inflationary pressures in the economy could put some pressure on stock markets as they price in "greater odds of follow-up moves

through October," noted Avery Shenfeld, chief economist at CIBC World Markets.

News earlier this month that the Canadian economy created a whopping 93,200 new jobs in June, taking the country's unemployment rate below eight per cent for the first time since the depths of the recession, "more or less put the lid on the question" of whether the central bank would hike interest rates, said Doug Porter, deputy chief economist at BMO Capital Markets.

THE CANADIAN PRESS

Market moment

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Dollar



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(\$76.62 US)



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(+ 28¢)
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Debate on BP's future spills over

The future of BP has shifted in recent days from a death-watch discussion to a debate about how valuable the British oil giant will be after it finishes paying for the worst offshore oil spill in U.S. history.

Talk of a possible bankruptcy or takeover of the company has mostly faded. But analysts estimate BP's final tab for the Gulf oil spill could hit up to \$100 billion US.

THE ASSOCIATED PRESS

Apple CEO: We're not perfect

Apple Inc. will give free protective cases to buyers of its latest iPhone to prevent reception problems. CEO Steve Jobs apologized Friday to people who are less than satisfied with the iPhone 4, even as he denied it has an antenna problem that needs fixing.

"We're not perfect," Jobs said at a news conference.

THE ASSOCIATED PRESS

England. Arrival



► A Boeing 787 Dreamliner lands yesterday for the first time outside the U.S., at the Farnborough International Airshow, in Farnborough, England.

SANG TAN/THE ASSOCIATED PRESS

Big plane, even bigger hopes

A Boeing 787 Dreamliner lands, for the first time outside the U.S., at the Farnborough International Airshow in England, yesterday. Deliveries of the long-range passenger jet to the first Japanese customer have been delayed by more than two years due to production problems. Boeing executives have said they aim to deliver the first Dreamliner to Japan's All Nippon Airways by the end of 2010, but have cautioned the delivery could be delayed to early 2011.

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REPUTATION MASKS EVENT'S DARK SIDE

In Defence Of ...

MIKE MORRISON



If Tiger Woods' career could be turned into a 10-day-long outdoor show, it would look something like this year's Calgary Stampede.

I mean that in the nicest possible way. Like Woods, no matter what he does, people will continue to respect him. And the Stampede really is no different. Travel the world and you will be hard-pressed to find someone who doesn't know about the Calgary Stampede.

Yet that reputation masks a darker side to the Stampede. This year's event was certainly a doozy: Six animal deaths; cancelled chuckwagon races; a near-tragic midway ride wreck;

and Kid Rock. OK, the last one doesn't really count, but I'm betting in about nine months someone, somewhere, will be regretting this year's Stampede.

After the news about Woods and his mistresses came out, Tiger took a step back, disappeared for a while, and then slowly began making his comeback. It wouldn't be such a bad thing if Stampede organizers did the same thing. Instead of going on the defensive, they should already be preparing for next year's Stampede — and, in particular,

what they're going to do about animal protesters whose negative claims about Stampede seem to get proven time and time again.

There were certainly successes at this year's Stampede. The acrobatic ice show was a treat to watch because the organizers were able to pull in some legitimate talent. And despite its awful location, the Coke Stage continues to churn out great concerts and attract giant audiences.

But, ultimately, the

"Outside of Alberta, the optics of the Stampede struggle to move beyond a celebration of an outdated, maybe even barbaric, Western way of life."

Stampede has to stop relying on the undying devotion of Calgarians alone. Organizers will be the first to admit their event is one of the biggest in Canada and, as such, they need to realize that the idea of rodeos and chuckwagon races is lost on most Canadians. Outside of Alberta, the optics of the Stampede struggle to move beyond a celebration of an outdated, maybe even barbaric, Western way of life.

Just as Tiger Woods has hired dozens of people to improve his public perception, it might not be a bad idea for the Stampede to look at cleaning house a little bit and work on its own public image. Calgarians are proud and confident, but when animals are dying and human lives are being risked, it might not hurt us to be a little humble as well.

Cartoon



MICHAEL DE ADDER

EXTRACTING OIL FROM SAND, DON'T WE GIVE CANADA A HARD TIME FOR DOING THIS?



No Stampede apologies

Letters & Tweets

CALGARY. I am Calgarian. I don't apologize for calf roping and horse bucking. I do apologize for running into you on the street. And I will probably pick up your papers and then chat with you.

I don't look away when my eyes meet someone else's. I do look them in the eye and ask where they are from. And I will probably learn a thing or two along the way.

I don't have a parade to celebrate being different, being gay or an immigrant. I do have a parade every July to celebrate my heritage. And every Calgarian is welcome to join.

Giddy up



I don't claim to be a diverse city because Toronto would get mad if I do. I claim to be supportive of immigrants. And I see this every July at the Stampede, where everyone seems to get along. I don't claim to be "cultured" because you will roll your eyes. I do claim to know my culture and celebrate it every year at Stampede.

And I put on my boots, dust off my hat, and scream "yee-haw." I don't mean to put you down. I do mean to point out that we are lucky to have the Stampede. When was the last time you had something in your city that gave you pride, included everyone, and made you proud to be a Calgarian. **JENN MANSELL**

Calgary Stampede: Pro or con?

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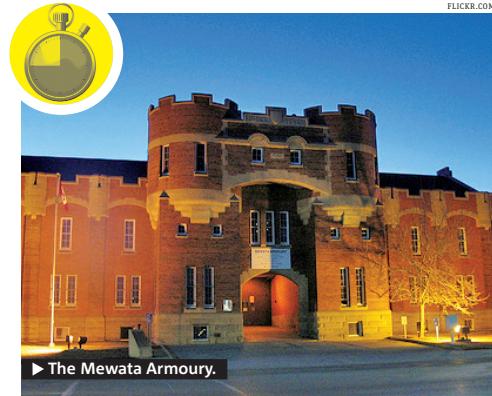
Metro has the right to edit letters and submissions.

Metro Minute with Tanks and Tartan

If you haven't checked it out yet, spend a minute viewing the Tanks and Tartan: Soldiers for 100 Years display, before the joint exhibit ends in August.

The display is commemorative of the King's Own Calgary Regiment and the Calgary Highlanders. The exhibit occupies The Founders' Art and Heritage Gallery at The Military Mu-

seums. Most of the artifacts and photos are selected from the permanent collections of the two regimental museums supplemented by several key pieces borrowed from the Glenbow Museum in Calgary. The exhibit also features a section on the Mewata Armoury, home to both regiments since the 1920s. **KRISTA SYLVESTER**



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News in brief



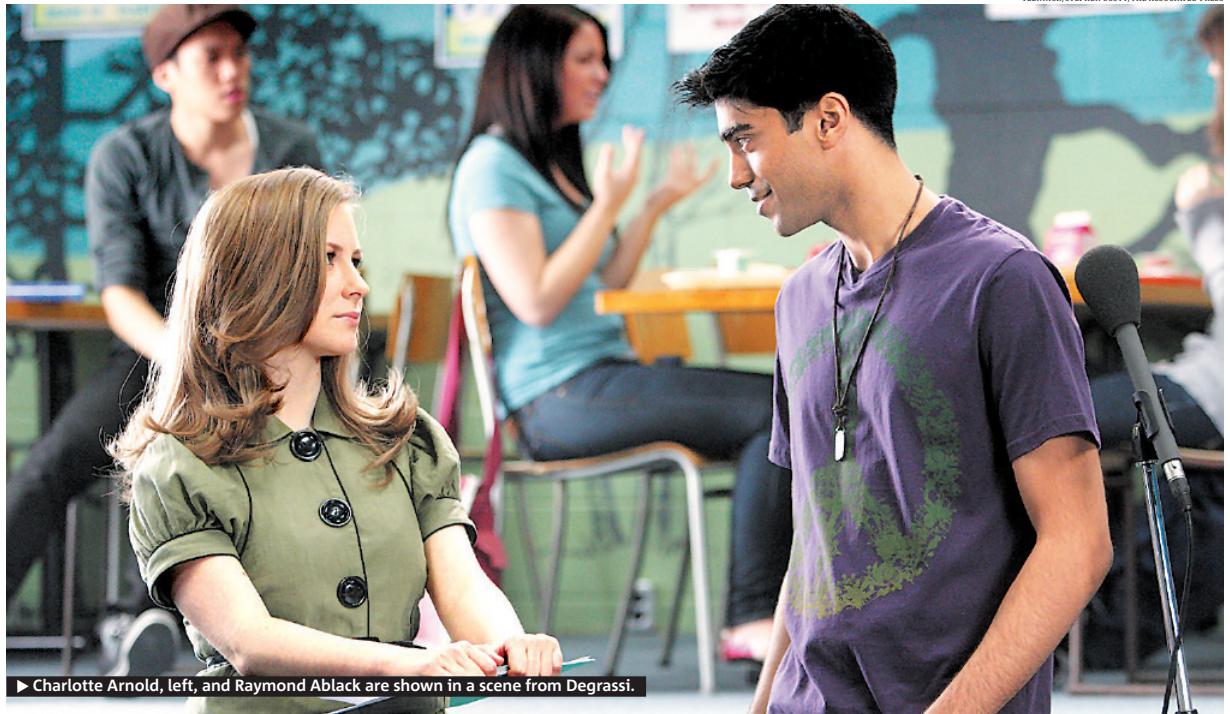
1 Pink underwent a checkup at a hospital after she fell off a stage in Germany. **THE ASSOCIATED PRESS**

2 Justin Bieber has supplanted Lady Gaga for the honour of the most-watched video of all time. **THE ASSOCIATED PRESS**

3 Aerosmith guitarist Joe Perry was rear-ended by a car while riding a motorcycle last week. **THE ASSOCIATED PRESS**



Roman Polanski makes first public appearance since being released from house arrest



No summer break for Degrassi students

► Teen show's 10th season debuts this week in new telenovela format
 ► U.S. network orders double the episodes ► Still tackling tough issues

We know how the students of Degrassi High are spending their summer vacation: Working!

The show's tenth season debuts today on Teen Nick in the U.S. and MuchMusic in Canada, with new episodes airing Monday to Thursday. On Fridays, the network will air a marathon of that week's episodes.

Teen Nick decided that given the popularity of the teen drama about students attending high school in

Toronto, it would be the perfect model to try out a telenovela or soap opera style format. "(It) allows you to spend more time with all the characters. We think fans are gonna go crazy for it," said Marjorie Cohn, Nickelodeon's president of original programming and development.

The cast and crew were intimidated at first when they heard their series or-

der had doubled from 24 episodes to 48, Cohn said. "They were kind of excited but they needed to

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think about it," she said. "Once they were sure the quality wouldn't change and that it would be an opportunity I think they really got into it."

One perk is there's freedom in the extra time. Conflicts no longer have to be wrapped up within a half hour and different characters' perspectives can be presented.

"It actually became quite liberating and exciting for my writing team when we realized these opportuni-

New class

► Four new cast members have been added to Degrassi this season.

ties would open up for us," said Degrassi creator and executive producer Linda Schuyler.

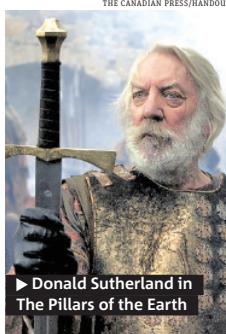
"We're given a chance to kind of delve into our stories a little more deeply," adds actress Charlotte Arnold, who plays Holly J. Season 10 will continue tackling issues relevant to teens and will even introduce a transgender story line. **THE ASSOCIATED PRESS**

Networks turn to sprawling big budget miniseries

"It's about giving premium quality programming to the audiences"
 MICHAEL PRUPAS

With their epic storylines, expansive casts and exploding production budgets, there's nothing mini about the modern TV miniseries.

These days, extravagant multi-night specials have established themselves as crucial for networks eager to lure fickle viewers and define their channel as a home for unique programming, say producers and broadcasters competing for attention.



► Donald Sutherland in The Pillars of the Earth

increasingly tough entertainment landscape, say those in the business.

"A couple of years ago we were all on the search for the 'event two-hour movie,'" says Christina Jennings of the Toronto-based Shaftesbury Films, which produced the miniseries, *Bloodletting* and *Miraculous Cures* for HBO Canada.

"We've moved off event movies and we're now into event miniseries."

By "event" she means

marketing dramatic series as one-time only, special airings — something usually reserved for big sporting events or news.

And nothing says "event" like over-the-top effects, budgets and casts.

The eight-part *The Pillars of the Earth* cost "way above" previous homegrown ventures, says Montreal producer Michael Prupas. The sprawling costume drama is set centuries back. **THE CANADIAN PRESS**

Euphoric Enrique

► Iglesias mines 'magical' moments for his first bilingual album ► Why the Miamian is a Spaniard at heart — especially when it comes to soccer

 **NINA ETTRUP**

METRO WORLD NEWS IN DENMARK

Pop heartthrob Enrique Iglesias has just released his first bilingual album, *Euphoria*. Why is he so happy? It's all about the music, he tells Metro (though we're sure girlfriend Anna Kournikova has something to do with it, too).

Your last album was called *Insomniac* — this one is called *Euphoria*. We're guessing you're in a good place in your life right now?

I think I'm in a good place right now musically. On this album, I was able to find moments that were magical, moments where I felt extremely happy — and they're hard to find! The more albums you make, the more difficult it is to find those moments. Sometimes you need a change, and I

All about Enrique

- **He was born in Madrid on May 8, 1975, and then grew up in Miami.**
- **His father is music legend Julio Iglesias; his mother is Filippino journalist Isabel Preysler.**

was able to do that on this album. That's why I named it *Euphoria*. There's a song in Spanish, *Cuando Me Enamoro* ... it gives you that adrenaline rush, it gave me goosebumps when I heard it the first time. I thought, "This is really special."

When I wrote *I Like It* — the first single — I had that feeling too. I felt like it was completely different from anything I have ever done.

This is the first album where you sing in both Spanish and English. Is that a big deal for

canized. I don't speak perfect English, I don't speak perfect Spanish. I'm right in between. Although, for the World Cup I'm Spanish 100 per cent. I dream in both ... and when I speak with my friends I constantly mix. I've been doing that forever.

You've worked with Usher, Akon and Nicole Scherzinger on this album. Is there anyone you still dream of working with?

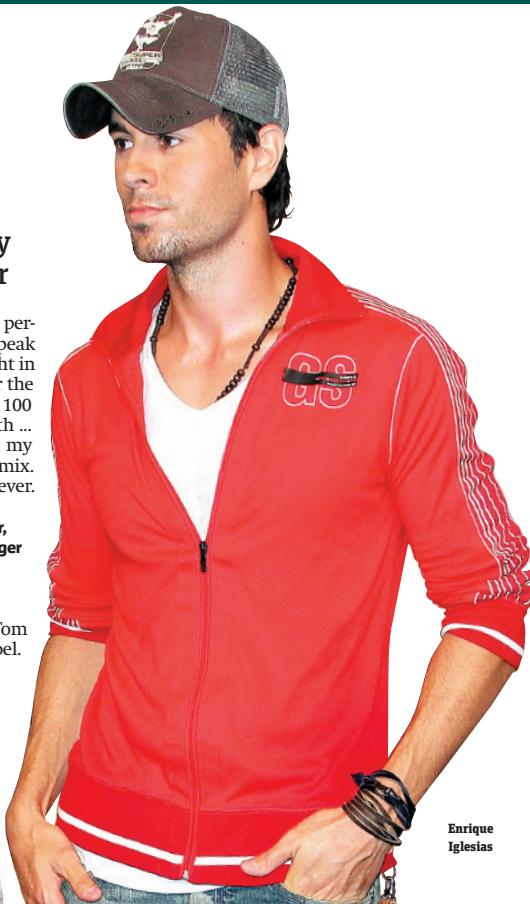
Bruce Springsteen, Tom Petty and Billy Joel.

you?

Yes, it is. I needed it. I've been wanting to do it for five years, but I didn't feel comfortable doing it until now.

You were born in Madrid but grew up in Miami. Do you feel Spanish or American?

I feel Spanish, but I'm very American.



Enrique Iglesias

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Soundtrack to Marc Anthony

Marc Anthony calls his latest album, *Iconos*, one of his most satisfying, but the crooner acknowledges experiencing a roller-coaster of emotions while he was recording it.

"I felt the gravity of the responsibility ... and also in the studio I felt the insecurity, the absolute bliss, uncertainty, total satisfaction, fear," he recalled in a recent interview.

The album was released

in May. It includes covers of romantic classics by Mexicans Juan Gabriel and Jose Jose and Spaniard Jose Luis Perales, and Spanish ballads like *El triste*, *Y como es el* and *Amada amante*. Anthony listened to these songs as a kid growing up in New York City.

"I was raised with these songs that my parents listened to never realizing it was going to be the soundtrack of my life," he said.

THE ASSOCIATED PRESS



► Darius Rucker

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Rucker to release new country album

Darius Rucker wrote 77 songs for his new album. That's not a misprint.

Most of them ended up not making the cut for *Charleston*, SC 1966. Rucker's follow up to his country breakthrough, *Learn to Live*.

The new album will be out Oct. 12, and will include 12 new songs. Rucker said it was no problem coming up with a final track list.

"We just listened to them and saw what was rising to the top," Rucker said. "When I say that people say to me, 'Man, that must be a hard decision.' No, not really. The best songs really rise to the top."

The 44-year-old for-



► Darius Rucker

mer Hootie and the Blowfish singer was the first black performer to win a major individual CMA award since Charley Pride in 1971-72.

Rucker says the many fans of *Learn to Live* can expect something very similar to *Charleston*, SC 1966. **THE ASSOCIATED PRESS**

1.4

Million — *Learn to Live* has sold 1.4 million albums, according to Nielsen SoundScan.

TV watch list**Time to prep for Mad Men**

SEASON 3 MARATHON Loads of slick suits, adultery and cigarette smoke come your way in a Mad Men season 3 marathon. Five episodes from the last season are airing to help viewers get caught up before Sunday's buzzy season 4 debut. It all starts with the season 3 premiere in which dapper Don Draper and Sal fly to Baltimore on a business trip. As per usu-

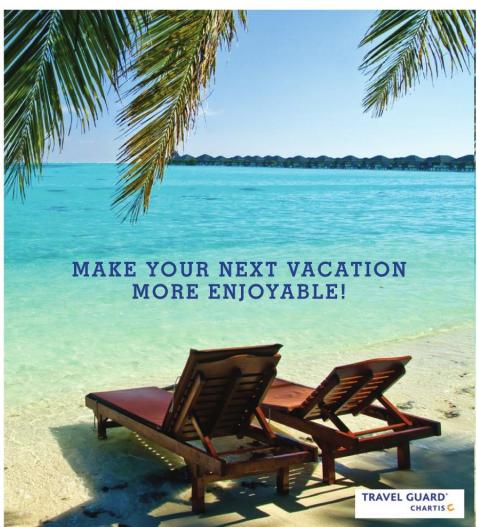
al, Don engages in some extra-curricular fun while he's away from his family — and so does Sal. (AMC)

THE CANADIAN PRESS

Confessions are such fun

REALITY WATCH Promos for tonight's episode of The Bachelorette find suitor Frank kissing another woman and then making a tearful confession to Ali in Tahiti (Citytv, ABC). Also making confessions are the lottery winners in the documentary Lucky. (HBO Canada)

THE CANADIAN PRESS



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Harmon 'obsessed' with characters on new show

► Former *Law & Order* star gives acting another go in TNT drama *Rizzoli & Isles* ► She talks about how she finally gets the chance to be funny



NATALIE GAVILANES
scene@metronews.ca

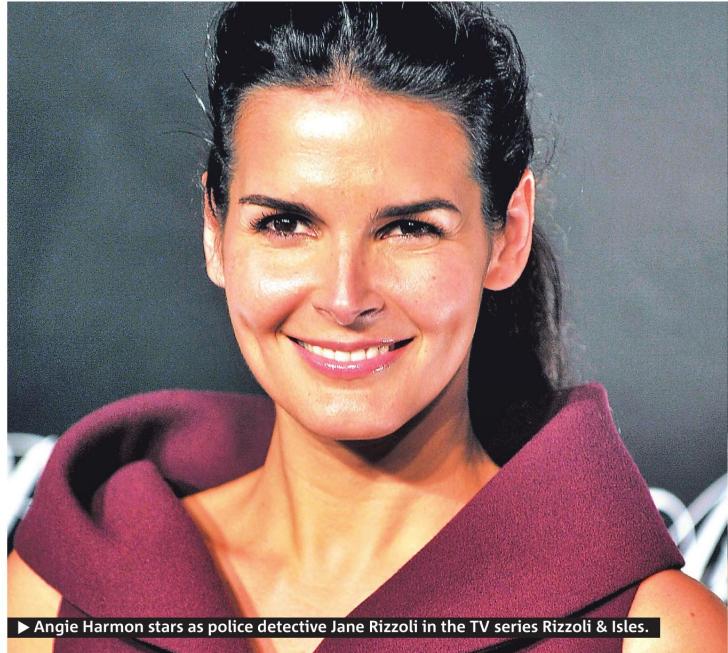
If the adage of being careful for what you wish for is at all ominous, Angie Harmon has got good karma. Being a full time mom and now on a No.1-rated cable television show, it's hard to believe the actress almost shut the door for good.

How did you come about hearing of the show?

TNT offered [the role] to me. I was pretty much getting ready to retire and thinking that I'm going to move back East with my kids and raise my little girls and go be mommy, and I wasn't really finding the roles that I wanted to play. And so I just sort of made a deal with God — I was like, "OK, I would love something on cable, shoot five months a year, and then I get to be mommy the rest of the time. [I'd] like to be funny and strong and intelligent." And literally the next day it was on my front porch because my manager lives down the street.

This series is based on Tess Gerritsen's hit series of books. Are you a fan of mysteries?

I hadn't read Tess' books until we started playing the



► Angie Harmon stars as police detective Jane Rizzoli in the TV series *Rizzoli & Isles*.

characters and now I'm obsessed. And it's been interesting because, like I was saying, you know Billie [Burke] and I are shooting together and here I am reading about our future. It's so fun playing this out for the audience.

What is your interpretation of**Tune in**

Rizzoli & Isles airs Monday at 10 p.m. on TNT.

the character of Rizzoli?

I think there [are] characteristics about Rizzoli that I really enjoyed play-

ing. I mean, she's witty, she's funny, and a lot of people you know don't see me as a funny character because I don't usually get to play them. I'm usually cast in the more dramatic roles, and it's been a really fun time playing her humour and playing her attitude.



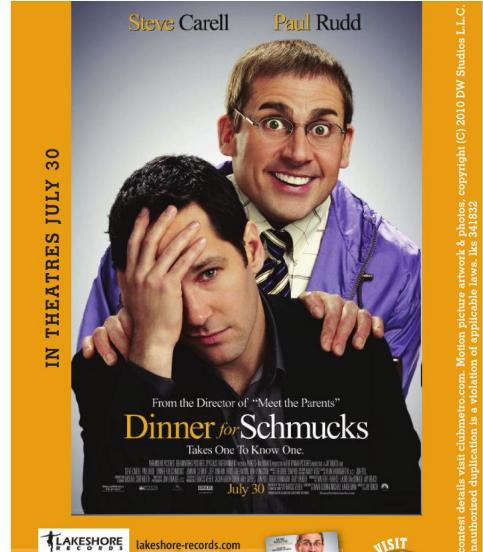
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Lohan hires part of O.J.'s "dream team"

With celebrity lawyer Robert Shapiro at her side, charged actress moves into substance abuse facility.

Lindsay Lohan has moved to a substance abuse facility and signed legal papers hiring celebrity lawyer Robert Shapiro to represent her as she prepares to head to jail for violating probation in a 2007 drug case.

Shapiro, a key figure on O.J. Simpson's legal "dream team" in 1995, confirmed Lohan was staying at Pickford Lofts, a

treatment centre Shapiro founded after his son died of a drug overdose.

Shapiro told The Associated Press on Friday he had agreed to represent Lohan only if she does her jail time and complies with the terms of her probation.

He said he would help the actress get treatment to accom-

plish long-term recovery and sobriety.

"Ms. Lohan is suffering from a disease that I am all too familiar with," said Shapiro, whose son Brent died in 2005. "Hopefully I can be of assistance."

Lohan is scheduled to begin serving a 90-day sentence on Tuesday.

Shapiro has represented numerous celebrity clients.

In representing Lohan, Shapiro is replacing attorney Shawn Chapman Holley, another veteran of the Simpson trial in which the former football star was acquitted of the murders of his ex-wife Nicole and her friend Ronald Goldman.

Holley resigned after saying Lohan's sentence was harsh and unfair.

Shapiro filed papers in court signed by Lohan substituting him as her counsel. **THE ASSOCIATED PRESS**



Bristol and Levy paid by Us Weekly

Us Weekly reportedly put a lot on the line to get the cover story about Levi Johnston and Bristol Palin's engagement.

The magazine paid the young couple \$100,000 for the exclusive interview and photo shoot, according to Page Six.

Palin even gave a sepa-

rate interview to People magazine where she kept mum on their big news, saying, "We're not really back together, but I'm not ruling it out." Reps for Us Weekly claim the publication was approached by Palin and Johnston, and didn't pay them for the interview. **● METRO WORLD NEWS**



Talking points

Oksana teeth photos leaked

EVIDENCE? Photos have leaked allegedly showing Oksana Grigorieva with chips in her front teeth from her altercation with Mel Gibson earlier this



year, according to Radar Online.

● METRO WORLD NEWS

Detained for cannabis... again

DRUGS. Paris Hilton was reportedly detained by police for marijuana possession for the second time this month, this time at a private airport in Corsica, according to the AFP.

Authorities on seen found less than a gram of the drug and released her, according to the report.

Hilton took to Twitter to defend herself, posting, "So sick of people making up rumors about me. The latest one

about me is completely false too."

● METRO WORLD NEWS



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Bedtime



Running out of tricks to get an unwilling child to unwind before bed? Bedtime can be a challenging task for any parent, especially when trying to encourage a regular routine that signals it's time to tuck in for the night. Incorporating storytime into the evening routine is a helpful way for parents to engage kids and spend quiet, nurturing moments together with their children after a long day.

NEWS CANADA



Focus your kids on helping out others

1 Kindness and generosity are traits that can be passed down from parents to child 2 Too much of the world around us promotes an 'egocentric' attitude 3 Action, learning, affirmation

Too much free time in the summer can bring out the self-centred side in the sweetest of children.

Suddenly whines of, "I'm bored" are coupled with an intense desire to satisfy their need for the latest video game or toy — no matter the cost. Instead of giving in and purchasing the toy du jour, use the summer to cultivate kindness in your children with these helpful hints from

Christian Children's Fund of Canada, an international development organization that helps children around the world:

1 Educate your child to think beyond their world. Clip news articles or photos that show what life is like for children their age in other countries. It will teach them to count their blessings and understand the needs that

exist. A website like ccf-canada.ca has a gift catalogue that allows children in Canada to look at a variety of practical items that are needed by children overseas, such as glasses or emergency food.

2 Inspire your child to take action. It's easy for parents to make a donation and tell the kids about it, but making the child responsible for rais-

ing and collecting the donation is an important part of learning generosity. Ask your child if they think the child they are trying to help would appreciate a portion of their allowance or encourage them to look for neighbourhood jobs like pet-sitting, pulling weeds, or washing cars for donation money. You'll be surprised how doing a little work to raise funds for

someone in need will make your child's heart grow.

3 Affirm your child's efforts. As a parent, be enthusiastic, supportive, and encouraging, regardless of whether your child succeeds or fails in their goal. An egocentric attitude replaced by kindness and generosity is worth celebrating at any age.

NEWS CANADA



What's the right age for kids to stop using opposite-sex bathrooms with their parents?

**Ingredients :**

- 1 large egg
- 15 ml (1 tbsp) milk
- 1 ml (1/4 tsp) ground cinnamon
- Pinch salt
- 2 slices whole-wheat bread
- 30 ml (2 tbsp) peanut butter
- 15 ml (1 tbsp) fruit jam
- 15 ml (1 tbsp) butter
- Powdered sugar

Preparation:

1 In a wide, shallow bowl, whisk together egg, milk, cinnamon and salt.

2 Use bread, peanut butter and jam to make a peanut butter and jam sandwich. Spread half of the peanut butter on each slice of bread. This helps the sandwich hold together.

3 Soak sandwich in egg mixture for 2 minutes per side, pressing it gently with a fork to help it

absorb egg.

4 Heat a medium skillet over medium. Add butter. When butter has melted, add sandwich and fry for 2 minutes, or until the bottom is lightly browned. Use a spatula to flip sandwich, then cover the skillet and cook for another 2 minutes or until browned on the second side.

5 Serve sprinkled with powdered sugar.

THE ASSOCIATED PRESS

The best way to say 'So long, sucker!'

Parting ways? It won't be easy if human resources has its way.

These days, getting and quitting a job involves a roughly identical amount of corporate passage rites — from legalistic forms to fill out to statements to sign.

But perhaps no ritual is as arcane as the final threshold: the exit interview.

You, an HR rep and a voice recorder, reminiscing on the employee handbook-prescribed lives you shared.

A sacred fact-finding mission for some managers, but a perfunctory formality for others, exit interviews are — for AskTheHeadHunter.com author Nick Corcodilos — "the cockroaches of the HR world."

"They just survive," he says. "I really think companies do them out of sheer habit."

"If a company wants to find out what employees



think, why don't you ask them while they're still working there?" he asks. "Why wait until they're leaving?"

Navigating an exit interview, like any goodbye, is a theatrical art — and while many a worker may relish the chance to discharge a few parting shots, career coach Hallie Crawford recommends bidding adieu with diplomatic understatement.

"Try to not single out any one person unless you are pressed to do so," she advises.

"Keep things professional, not personal." She continues, "Consider what criticism is really worth bringing up."

Corcodilos' answer might be: None.

"Absolutely keep your mouth shut," he warns. "Anything you say can and will be used against you. It could hurt your references."

● DREW HINSHAW

OFFICE ETIQUETTE

Blah, blah, blah!

Talk is cheap — but too much of it can come with a heavy price.

At least that's the case, career counselors say, for the bureau blabbermouth — the round-table rambler who gobbles up all the talk time in the office meeting, billowing endless ideas like a bagpipe of opinions.

If you've worked long enough in the milieu of mundane meetings and over-caffeinated managers, you've surely encountered, nay, endured

such a creature. If you're really lucky, it wasn't you because over-talking is among the easiest ways to sour workplace relationships. It might even put you on the street.

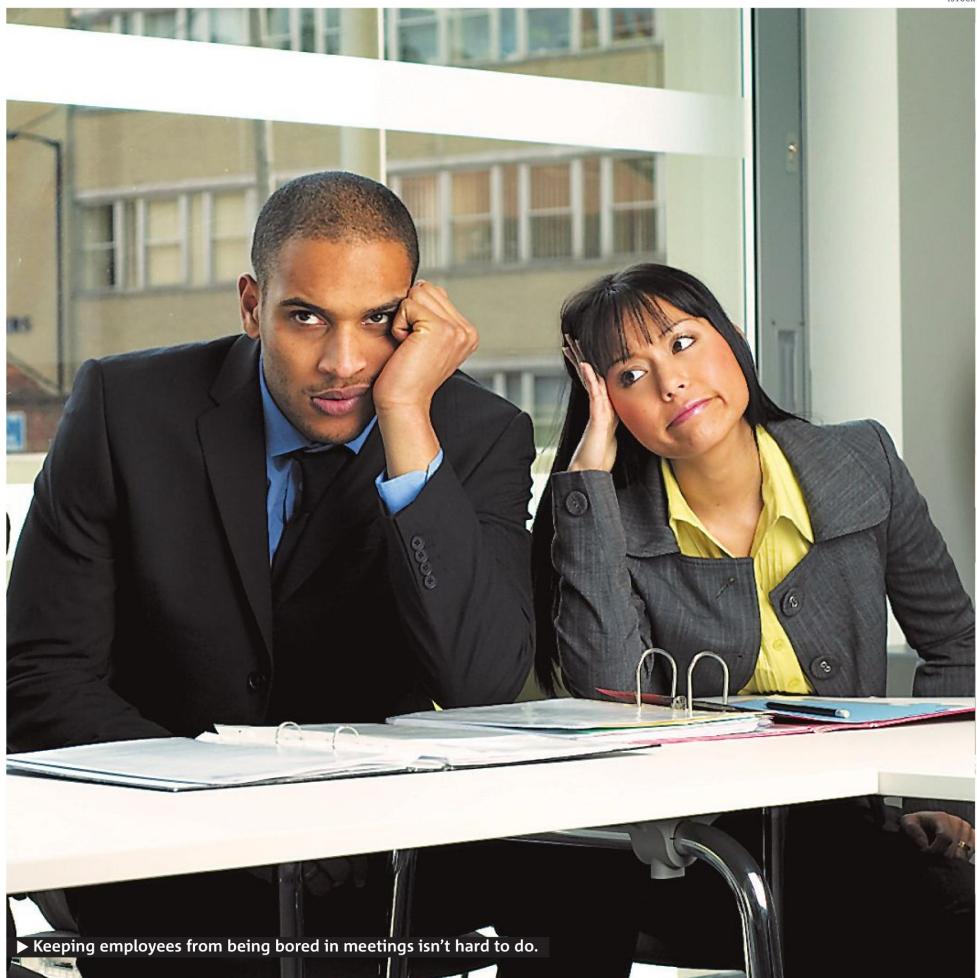
"It can go as far as getting you close to fired," warns Dale Kurow, an executive coach in Manhattan. "I've seen it."

Employees who rattle on do so for a litany of reasons, according to New York City career coach Jane Cranston.

"Some people are nervous, some people can't tolerate silence, some people just think they have a lot to say," she says.

● DREW HINSHAW

OK, so maybe not 'fun' but the experts agree — the better managed a meeting is, the better it is for you and your employees. Here's how to keep them on track and maybe even (gasp!) interesting



Making meetings fun again?

DREW HINSHAW
letters@metrow.ca

Where do the days go? Scroll through your calendar and you might find that mammoth chunks of your nine-to-five are swallowed up by the corporate conference room, the conversation vortex where clocks melt and time crawls slithers by the speed of a PowerPoint.

More than a third of Americans recently polled consider meetings to be "a complete waste of time," according to a survey by California's Meeting Solutions, and you need not convene a roundtable to brainstorm why.

If you're taking an hour-and-a-half to hold your meetings, then multi-

Quoted:
"If you're taking an hour-and-a-half to hold your meetings, then multiply that by ten people in the room ... That's a great deal of time"
EXECUTIVE COACH
BARBARA FRANKEL

ply that by 10 people in the room," executive coach Barbara Frankel says. "That's a great deal of time."

Career gurus note that meeting management is fundamental to office leadership — for executives, "it's one of the key skills,"

notes Dale Kurow, executive advisor.

Plus, if you play the clock right, you can salvage some semblance of efficiency from the ritual. Start with the pre-planned strategy of not handing the conversation steering wheel to the diversion artists, brag-a-holics, and perpetual fault-finders who passive-aggressively sabotage the docket by subject-swapping, Frankel warns.

Focusing on post-meeting "action items," she says, can keep heads from tilting towards the table. "Define what the goal is and the action that's going to be taken," she says. "Then define who's going to do it and what resources they need."



Meeting tips

"The worse thing you can do is go in there and wing it," Kurow says. A pre-conference mass e-mail, she offers, can not only announce the agenda, but can fish out new ideas.

"Ask employees to bring at least one creative suggestion to the meeting," she says.

Frankel concurs, and adds that recruiting reticent colleagues into the huddle is the mark of impressive management. "If you're not enlisting and engaging everybody then people are checking out," she says. ● METRO

Do you 'school' or 'unschool'

► There are a lot of choices for parents who decide to homeschool their children ► Should you create a curriculum or not?

Janice Hedin's son was into model rockets, so she used that as a starting point for his home-school curriculum. Her daughter loved horses, and that became a focal point for her education.

"She owned it," said Hedin of Maple Valley, Wash. "It was hers. I didn't have to force anything because she loved every minute of it."

Some home-school parents create their own curriculum for their kids. "There should never be a set curriculum," said Hedin.

"Every child is so unique. Our goal as parents is to custom design the education that fits our children."

For those who find that daunting, there are many prepared curricula available for home schooling, as well as guides to what a child should know at each grade and age.

Material is available online and in libraries, at bookstores and through home-school support groups.

The World Book, for example, provides a free online guide detailing typical courses of study for students from pre-kindergarten to 12th grade.

Parents also must decide how they want to teach their children. There are different styles of home schooling, from a traditional, structured, school-type setting to "unschooling," where the child sets the parameters for learning. "Unschooling is totally throwing out the curriculum," said Hegener. "Life itself is a learning source."

One popular form of home schooling is unit studies. "Basically, take something like trains, say, and it's amazing what you can learn," Hegener said.

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► Lauren Garber of Baldwin, Mo., looks over study aids. Garber home-schools her three kids.

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How to start

Among the questions parents should ask when deciding whether to home-school?

- Do I want to create my own curriculum or use a prepared one? Do I even need a curriculum?
- Do I want to use a textbook?

► How will I keep track of my child's progress?
► The key is knowing your child, Hedin said. She urges parents to discover their children's interests, what excites them and what they want to learn. "Then together you begin to seek out resources and curriculum. You do it as a team," she said.

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rough morning?

g



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Quoted



"I'm not really thinking about boxing right now. I'm just relaxing. I fought about 60 days ago, so I'm just enjoying myself, enjoying life, enjoying my family and enjoying my vacation."

FLOYD MAYWEATHER JR., WHO ALLOWED A DEADLINE FOR STRIKING A DEAL ON A SUPERFIGHT WITH MANNY PACQUIAO TO PASS WITHOUT SAYING ANYTHING.

Series leader wins Honda Indy

Will Power avoided trouble in a race filled with collisions to win the Honda Indy Toronto.

The 29-year-old Australian finished one spot ahead of defending race champion Dario Franchitti. It was the fourth win of the season for Power, who arrived in Canada as the IZOD IndyCar Series leader.

Canadians Paul Tracy and Alex Tagliani finished 13th and 17th, respectively.

Six drivers were forced

out of competition by contact in the temporary street course on the grounds of Exhibition Place.

Justin Wilson began the race from the pole position after a stellar display in qualifying on Saturday. The 31-year-old Englishman set a series track record with his fast lap of one minute 0.2710 seconds, but spun out with barely a dozen laps remaining yesterday and finished in seventh.

A handful of drivers had

struggled with the demanding track. Tracy spun out at Turn 11 during his final qualifying run, which left him starting yesterday's race from the second-last row in the grid.

The 41-year-old from Toronto made a series of passes in the early moments, and found himself in the lead before the 20th lap. Tracy delayed his first pit, and delighted the local fans by holding the lead for 14 laps. **THE CANADIAN PRESS**



DARREN CALABRESE/THE CANADIAN PRESS

Relative unknown makes it look easy

On Nelson Mandela's birthday, Louis Oosthuizen becomes fourth South African to win British Open

Hardly anyone knew Louis Oosthuizen, much less how to pronounce his name. Not many will forget the performance he delivered at the home of golf to capture the British Open.

A week after the World Cup ended, South Africa had more reason to celebrate yesterday, this from a most unlikely source. Oosthuizen, a 27-year-old who had only made one cut in his previous eight majors, blew away the field at St. Andrews for a victory that looked as easy as when Tiger Woods first won here a decade ago.

Oosthuizen made only two bogeys over the final 35 holes in a strong wind that swept across the Old Course. He led over the final 48 holes and closed with a 1-under 71 for a sev-

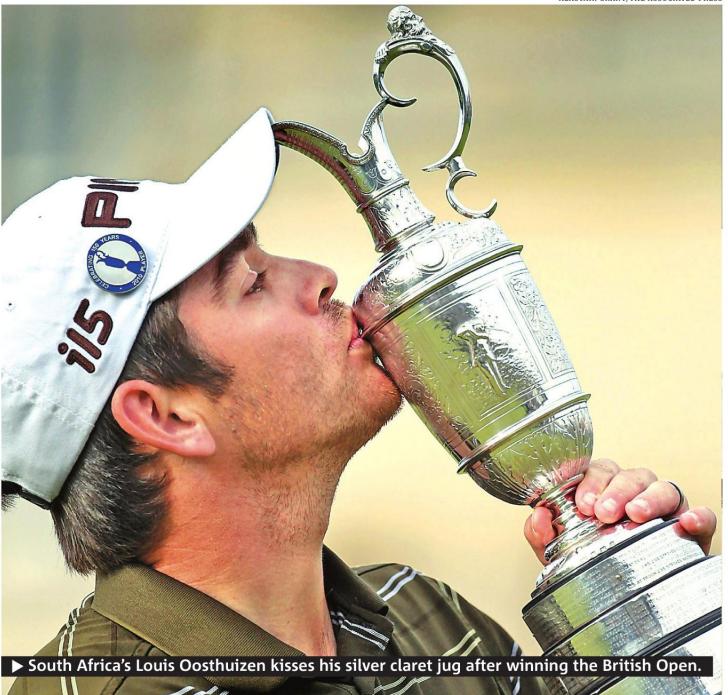
en-shot victory over Lee Westwood of England.

For all the craze about those vuvuzelas, the sweetest sound for Oosthuizen turned out to be the skirl of a bagpipe.

Oosthuizen could not think of a more special venue to capture his first major. He just had no idea it would be this easy.

He never let anyone get within three shots of him in the final round, and he answered that brief challenge from Paul Casey by knocking in a 50-foot eagle putt on the par-4 ninth green to restore his cushion. Casey's hopes ended with a triple bogey into the gorse three holes later, and Oosthuizen spent the final hour soaking up an atmosphere unlike any other in golf.

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TO ENTER

Crossword

Across
 1 Take a chair
 4 Recede
 7 Employer
 11 Handle
 13 Romanian currency
 14 Troop group
 15 Beige
 16 Distant
 17 Alluring
 18 Egg-beating tool
 20 "phooey!"
 22 —-tac-toe
 24 Texas city
 28 Ennui
 32 Ship's lowest deck
 33 Addict
 34 Satchel
 36 Hardy cabbage
 37 Loose
 39 Ordered more magazines
 41 Shocking
 43 Meadow
 44 Soon, in verse
 46 Old anesthetic
 50 Unkempt one
 53 Court
 55 Leak slowly
 56 KFC flavor enhancer
 57 To the — degree
 58 Standard
 59 Bygone times
 60 "Of course"
 61 Salary

Down
 1 Distort the facts
 2 Foot fraction
 3 Ms. Spelling of reality TV
 4 Sprite
 5 Rosary component
 6 Pack animal
 7 Deadpan star of silent comedies



8 Inseparable
 9 Half dozen
 10 Pigs' home
 12 Swimming champ
 13 who played Tarzan
 19 Tease
 21 Fuss
 23 Corn on the —
 25 Deli salad
 26 Unraveled
 27 Mimicked
 28 Obama predecessor
 29 Norway's capital
 30 Caboose's position
 31 Scratch



For today's crossword answers and for expanded horoscopes, go to metroneWS.ca

Today's horoscope

Aries March 21-April 20 This is a great week for a clear out, a great week for removing all the junk from your life — and there's plenty of it. The more space you create the better.

Taurus April 23-May 21 You seem to be worrying about something that is of little consequence and it is beginning to affect your performance in other areas. Look at yourself in the mirror and repeat "It doesn't matter" a dozen times.

Gemini May 22-June 21 Act as if you have no doubts about all. Act as if you know you are going to succeed. When others see your confident air they will go out of their way to assist you and together you will make things happen.

Cancer June 22-July 22 It's okay to be assertive, but don't go too far. In the short-term you may succeed in forcing people to do your bidding but in the long-term the dictatorial approach is sure to backfire.

Leo July 23-Aug. 23 Everything happens for a reason, so don't start thinking the world is against you if one or two quite minor things go wrong today. On Thursday former events will make perfect sense.

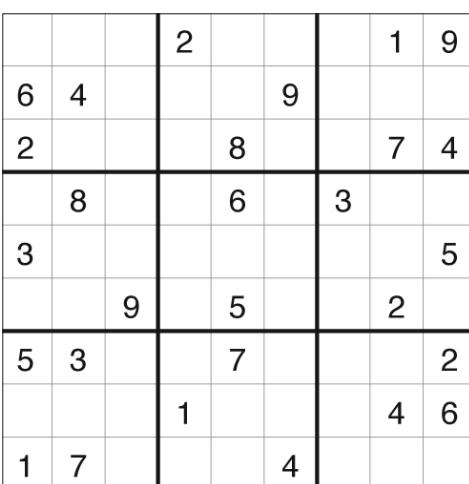
Virgo Aug. 24-Sept. 22 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile — there are plenty of them if you care to look.

Libra Sept. 23-Oct. 23 Laughter is always the best medicine, so stop shedding tears about things that have already happened and find reasons to smile — there are plenty of them if you care to look.

Scorpio Oct. 24-Nov. 22 You must be patient. You must give what you have started time to develop and mature. If you try to rush things over the next few days you will only succeed in slowing them down.

Sagittarius Nov. 23-Dec. 21 Everyone can see from the look on your face what you think about the current situation, so don't bother trying to hide your feelings. You are a Sagittarius. You are supposed to be outspoken.

Sudoku



Yesterday's answer

F	A	C	T	S	S	P	Y	A	S	H
O	H	A	R	E	I	O	U	P	T	A
G	A	M	U	T	M	M	E	B	R	E
B	E	A	T	I	T	I	R	A	N	
P	R	E	T	R	A	E	G	Y	P	T
O	U	R	S	I	N	L	E	T		
I	N	S	U	L	T	I	C	O	N	I
P	A	E	A	N	E	U	R	O		
A	Z	T	E	C	B	E	M	E	W	
F	A	I	R	P	U	N	J	A	B	
T	I	M	B	E	R	S	E	G	E	
E	R	E	T	E	E	C	U	R	I	O
R	E	D	A	P	R	T	E	S	T	Y

Yesterday's answer ►

A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min 10° Max 16°	Min 8° Max 19°	Min 8° Max 20°

Andrew Schultz,
Meteorologist



"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

CHRIS PIZZELLO/THE ASSOCIATED PRESS

Caption contest



CARIL SEBASTIAN



You write it!

Write a funny caption for the image to the right and send it to play@metroneWS.ca — the winning caption will be published in tomorrow's Metro.



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Happy 25th day Piggy! Love always and forever.

PARVEEN

I haven't ever been this happy until I met you. You complete me and make everyday a blessing. I don't know where I would be if I didn't message you back that day. You are everything I've ever wanted. I love you with each and every breath.

LOVE BASHIE

"HeaVrt". Mine will always have you in it. When isn't itttttttt!?! Be patient. Please.

DRAMAR

Happy 19 months Mariam! I never like to say never but I never get tired of kissing you. I'll never give up on you because you always keep me high up there like it never ends.

DAVE B

DO YOU HAVE CHRONIC PAIN?



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CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis



For many years, the Canadian Decompression and Pain Centers (CDPC) have been successfully treating chronic low back and neck pain using a uniquely developed treatment protocol called Neuro-Decompression. This revolutionary treatment procedure has consistently achieved great results at CDPC locations throughout Canada. Results are usually long lasting. Referrals come from surgeons, medical doctors, and other health care professionals across the country, but referral is not required (you can contact us directly). Neuro-Decompression is a three-phased system that was developed by CDPC doctors.

How Does It Work?

The three phases at CDPC include Neuro-Decompression, Oxygen Enhancement and a unique Neuro-Nutrition phase. The full procedure is performed simultaneously during a patient's treatment.

The three phases combined create a unique treatment procedure offered only at the Canadian Decompression and Pain Centers. All three stages are integral to the system to ensure that the patient's recovery is quick, successful and long term. Many patients feel immediate relief from pain, but the goal of the treatment program is to eliminate pain long term, not temporarily, and to restore and improve the patient's quality of life.

What Are People Saying About the Treatment?

I read the ad in the paper – I thought this would be fantastic! I am completely off all medication and feel like a 20 year old. Thank you for giving me my quality of life back! The staff are the friendliest, nicest, most compassionate people I have ever met in a clinical environment!

- Denise B., Calgary

I have had a lot of problems with my lower back and with my sciatic nerve...I heard about CDPC and made an appointment... I progressed from severe pain to very little pain over the treatment program! I would recommend this treatment to anyone having lower back problems.

- Kenneth R., Edmonton

When I first came to CDPC I couldn't walk. I had not been to work for many months. After about 4 treatments I could feel it working...it's the best money I've ever spent. I got my life back without pain, it's worth it. Just do it. It works.

- Russ C., Calgary

I came into the clinic with pain from 2 bulging discs. After the first few treatments, I could feel a significant improvement. Now that I have finished all the treatments, I have very minimal discomfort and only on occasional days when I am not active physically. I can now sleep totally without pain, where as before I woke up several times a night. I have already recommended the CDPC to others.

- Rhona K., Calgary

[CDPC] has been very helpful determining the appropriate spinal decompression treatments in relation to my pain sites. I have experienced some pain relief after 23 treatments for my lumbar and cervical spine. The severe pain in the center of my neck has lessened considerably and I rarely experience numbness in my right hand upon awakening. My lower back no longer hurts when standing...Sleepless nights due to pain are rare. Thank you for your help.

- Kathy L., Calgary

I will be forever grateful...the pain was excruciating and debilitating...I used to tell my friends and family that if I could cut off my leg I would...And then a miracle happened. I made an appointment for a consultation. The rest is history!!!! I have not had a painkiller in weeks...I am actually looking forward to being able to dance again.

- Beth S., Calgary

You may qualify for a research study:

- 18 to 65 years old
- experience chronic neck and low back pain
- have tried at least 2 medications prescribed by your doctor to prevent pain

Certain patients will be seen by doctor and receive study care with costs partially or fully subsidized.

**CDPC will be hosting a golf charity event in August!
See www.golfforhope.ca for details**



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